

Spanish Jack's

Mango Devil's Golden Trout

Preparation: 5-7 Minutes, Cook Time: 5 Minutes

Yield: 3

Spanish Jack's Cookbook

Mango Grilling Sauce Recipes: **Golden Trout**



It is a treat when we can get good golden trout for the family. Once again, I wanted to make this golden trout different from my regular recipe. Using Spanish Jack's Red Devil Rub for my dry mix adds a touch of mild heat, while the Spanish Jack's Mango Grilling Sauce added at the end of the recipe gives a sweet flavor. My son even stated it has the sweet flavor like you would get in an Asian restaurant. I chose to fix couscous with the trout because both can be completed in five minutes. This is a wonderful light meal that I know I will be fixing for my family again.

Source: *Connie - Ohio*

1-2 tablespoon Yogurt Butter
1-2 tablespoon Olive Oil
2/3 cup All-Purpose Flour
1 teaspoon Kosher Salt
1/2 teaspoon ground Black Pepper
1 tablespoon Parsley Flakes
2 1/2 teaspoons Spanish Jack's Red Devil Rub

3 fillets Golden Trout
2/3 cup Spanish Jack's Mango Grilling Sauce

Sides:

1 package Near East Couscous - Roasted
Garlic & Olive Oil
A small Salad

Directions:

1. In a medium skillet, put 1 Tablespoon of olive oil and 1 Tablespoon of yogurt butter. Set the heat to a medium setting.

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2. In a medium flat bowl, add all-purpose flour, salt, black pepper, parsley flakes and Spanish Jack's Red Devil Rub. Stir until all the ingredients are well blended.
3. Place 1 trout fillet into the flour mixture. Use a spoon to help spread the flour mixture on both sides of the trout. Then place the trout fillet in the hot skillet skin side down. Cook for 2 minute before flipping the trout. Go ahead and prepare the next fillets (if you have room) while the first trout is cooking. Cook for another 2 minutes before flipping the trout over on the skin side down.
4. Pour the Spanish Jack's Mango Grilling Sauce on the top of the trout. If any sauce runs to the sides, use a spoon to pour the sauce back on top of the trout.
5. Remove the trout and place it on your serving plate. Serve hot.

Sides:

1. Follow the couscous package directions while the yogurt butter and olive oil is heating up. Fluff the couscous lightly with a fork after cooking for 5 minutes.
2. Between the trout cooking time, go ahead and fix a small salad.



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